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the flowers! The Cliff Walk with its magnificent demesnes on one side, the constant roll, and iridescent hues of the water on the other, together with the bracing air, constitute a never-ending source of pleasure, while the splendid, celebrated, rock-ribbed Ocean Drive, the most picturesque of its kind on the eastern coast, always presents a variety of beauty in its ever-changing, ever-new, kaleidoscopic scenes and views.

So knitting or bathing, driving or riding, walking, and finding bird sanctuaries and haunts for wild flowers, constitute a wholesome and pleasurable list from which one may choose diversion after the day's work is over. When we consider that it is for duty rather than for pleasure that we are here, we may rightly feel that it is a privilege to serve our country as a member of the Navy Nurse Corps.

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## HOW BLUEJACKETS ARE TAUGHT AT THE UNIVERSITY OF MINNESOTA

BY WILLARD CONNELLY, U. S. N. R. F.

It is a new experiment for sailor students to be admitted to a medical college, as it is a new and essentially valuable war work for nurses to assist in training these Navy men. Several of the noted schools for physicians, especially those located near navy yards, might be in a position to undertake this national service in which it has fallen to the lot of the University of Minnesota to be a pioneer. To survey the expansion of the specialized U. S. Naval Training Schools in Minneapolis, established last August, is to see at once that a feature of distinction and excellence rests in the course offered the hospital apprentices, preparatory to their work aboard Uncle Sam's fighting ships.

In May, Commander Warren J. Terhune, U. S. N., commandant of the station, will send the second hundred men, qualified for pharmacist's mates, to duty somewhere on the Atlantic coast or at sea. The first hundred, not a few of them destined for service with the Marines in France, have been, since January, actively engaged in nursing our incapacitated bluejackets.

"There is not one thing that I have been asked to do," appreciatively wrote one of the "graduated" hospital apprentices to a nurse who had instructed him at Minneapolis, "that I can't do better than it is usually done. On my first case I prepared and administered hypodermics, did charting, took temperature, pulse and respiration, gave alcohol sponges, baths, care of the mouth and teeth, used hot water bags and ice caps, and cooked certain forms of diet."

Such a statement is no ordinary testimonial; it is a tribute.

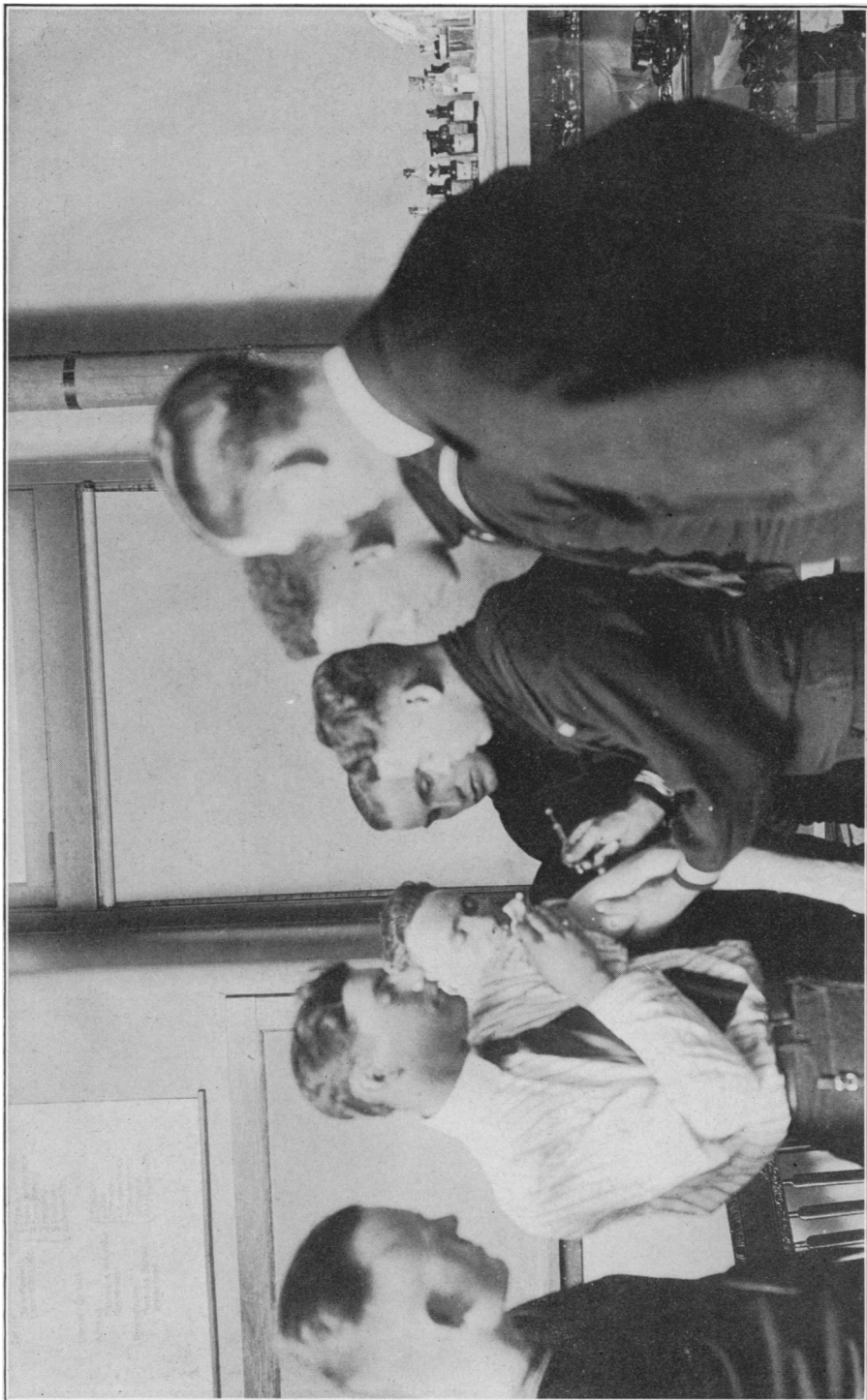
For the first month of the four months' course, the teaching is confined to the medical school, including the institute of pathology, the college of dentistry, and the institute of anatomy. There are lectures and recitations, then supplementary experience in the laboratories and dispensary. It is held that this preliminary knowledge is indispensable if the corpsmen are to grasp comprehensively the fundamentals of practical nursing as given at the University Hospital during the three final months. During this time the men have a course of lectures and experimentation in pharmaceutical chemistry, minor surgery and first aid, anatomy (with weekly practice in dissecting), physiology and hygiene, bacteriology, and the principles of dentistry in normal conditions.

When the nursing instruction begins, the advanced correlative training in the foregoing subjects is given chiefly in the mornings, while one or more divisions of the sailors (five divisions of twenty men each) are engaged in hospital work throughout the afternoons. This teaching is directed by Louise M. Powell, superintendent of nurses, by Marion Vannier, assistant superintendent, and Gertrude Thomas, dietitian. They are aided by a staff of head nurses and undergraduate nurses, and the latter also help at the medical school clinics where the sailors obtain practice in diagnosing and treating cases in dermatology and eye, ear, nose and throat.

The course in bandaging, conducted by Miss Powell, is in six lessons, each lesson covering one and one-half hours. The first lesson embraces the fundamental facts of the art, preparation of bandages, how to roll, the principal turns, starting, and the requisites for ending. The apprentices practice upon one another, beginning with the gauntlet styles, tips covered and uncovered, then the spica of thumb. For two-inch widths they learn the spiral reverse and figure 8, upper extremity. Next the same kinds for foot and leg, two and one-half inch, and the Barton, double oblique of jaw, and recurrent head. By this time many of the bluejackets can wield the gauze as expertly as they used to throw lariats (it happens that to date all of these students have been detailed to Minneapolis from the far western states). Proceeding to the more difficult types, Miss Powell teaches the crossed one eye, both eyes, and the mastoid, followed by the Velpeau, including the spica shoulder, triangle as Velpeau, triangle sling, hand, foot and cap. The last sorts learned are the handkerchief head and the four-tailed group: occiput, vertex, and neck. Then the course is rounded off by demonstrations in adhesives and plaster casts. This work has proven so engaging to several of the men that they have expressed a wish to become specialists in it. In these days, they say, a man "must be some kind of a specialist or bust."



Experiments in Chemistry Pave the Way for Understanding Materia Medica and Therapeutics

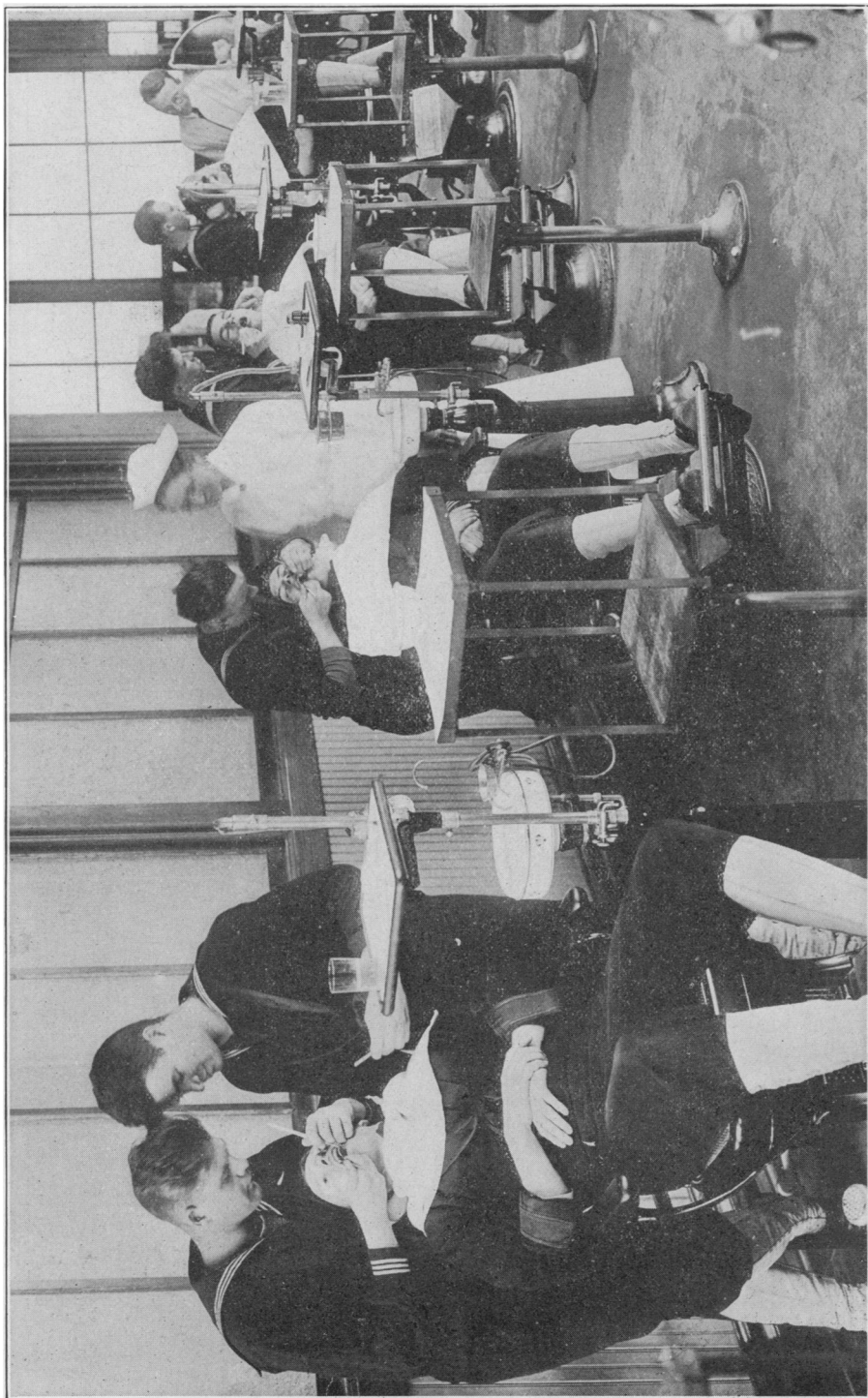


**Learning to Administer Subcutaneous Injections**



In the Eye Clinic



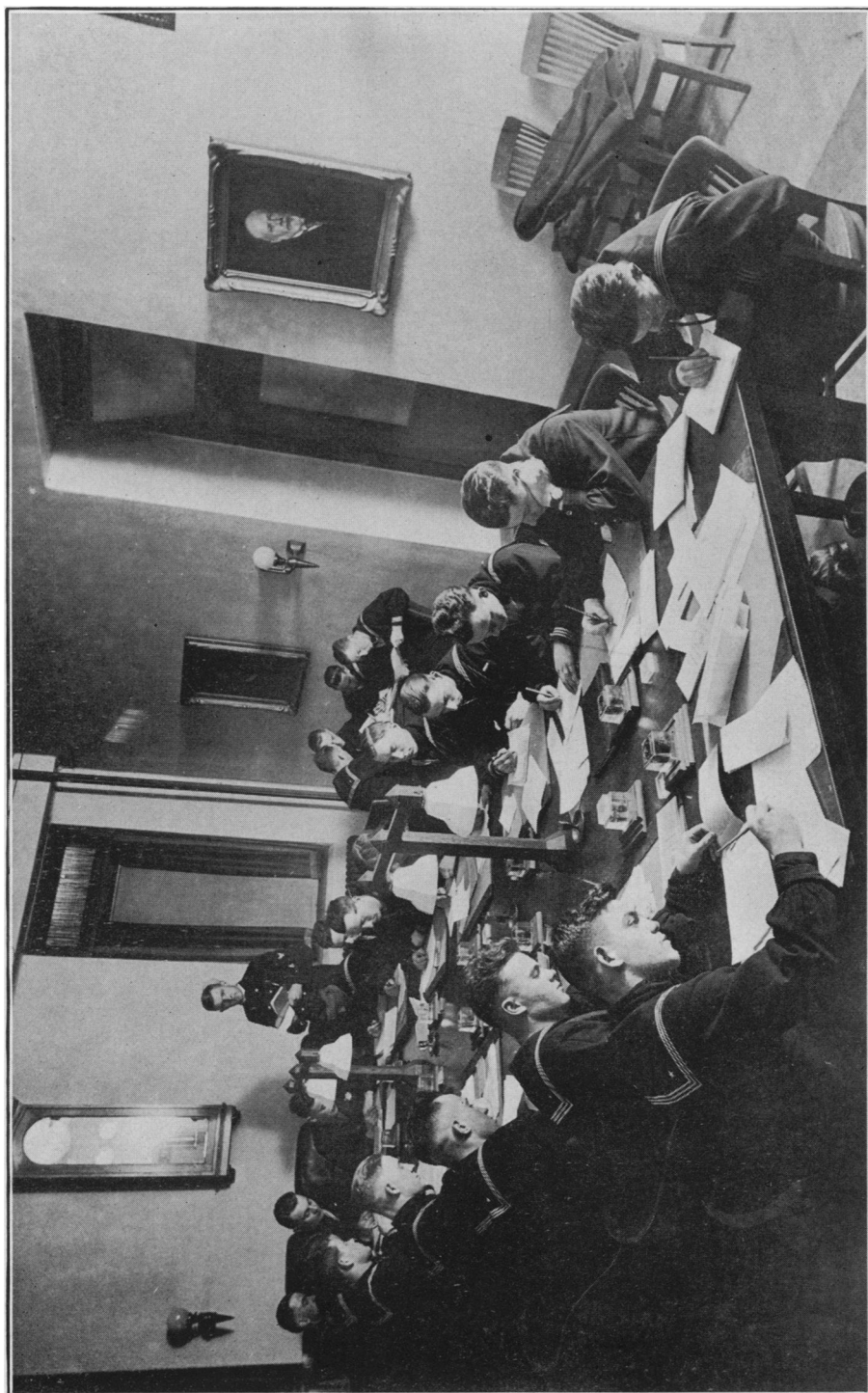


The Men Learn to Clean the Teeth, to Extract and to Make Temporary Fillings



Learning Food Preparation





The Class in Clerical Procedure

In a room at the University Hospital Miss Vannier gives ten demonstrations in practical nursing. After observing each Monday the methods employed, the corpsmen put in the rest of the week in the classrooms or wards where, in sections of five or ten, they receive individual supervision at the hands of the assisting head nurses. The demonstrations are given before fifty men at a time, in periods of an hour and a half duration, and after some ground has been covered, demonstration quizzes too are held, to check up the work which has been carried out in the wards.

As may be supposed by the profession, the first lesson in practical nursing is bed making, with and without the patient, to make the bed tight, and "smooth as a billiard table." To help win the war, however indirectly, convalescents volunteer boisterously to pose for the benefit of the sailors' instruction. Use of the back rest is shown, and of the cradle, the air cushion, pillows, pads, cotton rings, and swing. Then they learn to compute a hypodermic dose, for example, "how to get a sixtieth out of a fiftieth," and the technique for preparing the needle and injecting the drug. The second lesson takes in the bed bath and toilet, special care of the back, preparation for the night, giving of medicines, and taking of temperature, pulse and respiration. Convalescents who wish their recovery speeded up (or would you say retarded?) are sent into the ward at the mercy of the sailors. The next demonstration goes on with special care of mouth and teeth, washing the hair in bed and treatment for pediculosis, disinfecting excreta and bedding, preparation of specimens, and charting. Then comes, of course, the "hot and cold" lesson, compresses, turpentine stupes, mustard foot baths, mustard plasters, flaxseed poultices, hot water bags and ice caps. Those preparations which require "cooking" are made by the corpsmen in a side kitchen and are straightway taken into the ward and applied. Likewise there is classroom work separately for sections of five men in such details as hypodermics and charting, so that the important sub-topics are learned unforgettably.

Preparation for operation, the ensuing subject, is of the highest interest to the bluejackets because it introduces them to their prospective duties as actual surgeons' assistants. Their morning work in the medical school has by this time familiarized them with anesthesia and antiseptics, the particular anatomy, physiology, hygiene, and physiologic chemistry, with the result that every apprentice is eager to supplement his knowledge in the operating room. Moving and lifting the patient to stretcher, preparation of the ether bed, post-operative care, turning and lifting the patient in bed, and getting him up in a chair constitute the technical points taught. Opportunity is

provided for the sailors to "scrub up" for operations, and to assist materially, under the watchful eye of the nurses attending.

The course proceeds with expression of stomach contents, lavage, gavage, irrigation of eye, ear, nose and throat, and instillation of drops, then the pneumonia jacket and the Priessnitz compress, cold sponge to reduce temperature, cold pack, hot pack or sweat bath, and inhalation. The internes follow with demonstration of enemata, enteroclysis, catheterization and bladder irrigation, shaving of patient for operation, application of perineal dressings, and precautions in care of venereal cases. The next lesson shows preparation for venesection, lumbar puncture, hypodermoclysis, paracentesis of chest and abdomen and the application of abdominal binders. Concluding this broad course, in the tenth demonstration are embodied technique for clean and soiled surgical dressings, Buck's extension and the use of sand bags, and the operation of sterilizers and tanks.

Miss Thomas' schedule of instruction for the invalid cookery classes extends over the same period of time as the work in bandaging, six lessons, with a total of nine hours' schooling for every sailor. Similarly, too, the corpsmen are taught in sections of twenty. Naturally the first lesson is on theory, with rudimentary definitions, food classifications, caloric values, chemical and mechanical digestion, points to be observed in service of food, general care of laboratory materials. Beginning with liquid diet the men prepare peptonized, albumenized and farinaceous beverages, ice cream (which they eat very rapidly), eggnog, junket, broth, gruels and the like. For semi-solid diet they are given the cookery of cereals, cream sauce, cream soups, eggs, milk toasts and the simple desserts. Since each blue-jacket is provided with a stove, utensils, and his own ingredients, individual skill can be judged. (Such a method, made possible by abundant facilities, is obviously the keystone of the entire training.) In light diet the cookery of meat and vegetables is taught, scraped beef, chops, fish, baked fruit, and the dependable baked potato. Steak, mashed potatoes and other vegetables, and farinaceous desserts are given for general diet.

"There's only one trouble with this cookery course," said one of the sailors as he swallowed a large charcoal tablet, "they ought to give it to us during the lunch hour."

One course, and only one, is not taught by nurses or by medical professors. It is the work in clerical procedure, presided over by a chief mate. Here the corpsmen learn to write up the binnacle list, morning report of the sick, monthly statement to the Bureau of Medicine and Surgery, and orders for supplies. Concurrent with this work is a series of lessons in sick bay management.